

# On and On III

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**CD Music:** "On and On: The Hits of Stephen Bishop" by Stephen Bishop, Track 1 "On and On"  
**MP3 Download:** Available through Amazon.com  
**Rhythm/Phase:** Rumba, ROUNDALAB Phase III  
**Footwork:** Opposite, directions for M (except where noted)  
**Sequence:** Intro, A, B, A, B, C, A, B, B, End

**Difficulty:** Average  
**Released:** September 2015  
**Time:** 3:09 as Downloaded

## INTRO

[TANDEM WALL] WAIT; WAIT; CHASE TRN to BFLY; CUCA to RLOD;

- 1-2 Wait two measures in TANDEM fcg WALL;;
- 3 Fwd L, rec bk R to BFLY WALL, bk L (*W fwd R comm 1/2 LF trn, rec fwd L to BFLY WALL, fwd L*), -;
- 4 Sd R, rec L, cl R, -;

## PART A

[BFLY WALL] HALF BASIC; FENCE LINE to LOD; FENCE LINE to RLOD; BACK HALF BASIC

- 1 Fwd L, rec R, sd L, -;
- 2 X lunge thru R with bent knee looking twd LOD, rec L to fc ptr, sd R, -;
- 3 X lunge thru L with bent knee looking twd RLOD, rec R to fc ptr, sd L, -;
- 4 Bk R, rec L, sd R, -;

[BFLY WALL] HAND to HAND; CRAB WALKS;; SPOT TRN to BFLY;

- 5 Swiveling 1/4 on weighted foot step bk L to OP LOD, rec R swiveling to fc ptr, sd L, -;
- 6-7 XRIF, sd L, XRIF,-; Sd L, XRIF, sd L, -;
- 8 Swivel 1/4 on ball of supporting foot step fwd R trng 1/2, rec L trng 1/4 to BFLY WALL, sd L, -;

## PART B

[BFLY WALL] OP BREAK; UNDERARM TRN; LARIAT 3 – MAN TRN LEFT fc COH [LOW BFLY COH]; SD WALK 3;

- 1 Bk apt strongly on L to LOP FCG while extending trailing arm up with palm out, rec R to BFLY WALL, sd L, -;
- 2 Raising joined lead hands trn body slight RF bk R, rec L squaring body to ptr, sd R (*W swiveling 1/4 on ball of supporting foot step fwd L trng 1/2 RF, rec R, sd L to M's right side*), -;
- 3 Press sd L, rec R, cl L trng 1/2 LF (*W circle RF w/joined lead hands fwd R, fwd L, fwd R*) to LOW BFLY COH,-;
- 4 Sd R, cl L, sd R,-;

[LOW BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; SHLDR to SHLDR – 2X;;

- 5-6 Fwd L comm 1/2 RF trn keeping lead hands joined, rec fwd R, fwd L, -; Bk R raising joined lead hands, rec L, sd R, -; (*W bk R keeping lead hands joined, rec L, fwd R toward M's left side, -; Fwd L, fwd R trng 1/2 LF under joined lead hands, sd L, -;*)
- 7-8 Fwd L to BFLY SCAR WALL, rec R, sd L, -; Fwd R to BFLY BJO WALL, rec L, sd R, -;

## PART C

[BFLY WALL] NEW YORKER in 4; NEW YORKER; THRU, SERPIENTE to OP LOD;;

- 1 QQQQ Swiveling on weighted foot XLIF to LOP RLOD with straight leg, rec R swiveling to fc ptr, sd L, rec R;
- 2 Swiveling on weighted foot XLIF to LOP RLOD with straight leg, rec R swiveling to fct ptr, sd L, -;
- 3-4 Thru R, sd L, XRIB, fan L; XLIB, sd R, XLIF, fan R to OP LOD;

[OP LOD] PROG WALK 3; CIRC AWAY & TOG to BFLY;; VINE 3;

- 5 Fwd R, fwd L, fwd R, -;
- 6-7 Circ away LF fwd L, cl R, fwd L, -; Circ tog LF fwd R, cl L, fwd R to BFLY WALL, -;
- 8 Sd L, XRIB, sd L, -;

[WRAPPED POS WALL] WRAP; WHEEL 6 [WRAPPED POS WALL]; SD WALK 3 APT; SD WALK 3 TOG LADY SWIVEL to BFLY;

- 9 Sd R, XLIB, sd R trng 1/4 to WRAPPED POS WALL (*W wraps trng 1/2 LF L, R, L*) keeping all hands joined bringing M's left & W's right thru between around and over W's head down to chest level in front while lowering M's right & W's left to W's waist to end in wrapped position with W on M's right side fcg WALL, -;
- 10-11 Fwd L, fwd R, fwd L, -; Fwd R, cl L, fwd R to end fcg WALL, -;
- 12 Sd L, cl R, sd L, -;
- 13 Sd R, cl L, sd R (*W sd L, cl R, sd L swiveling LF 1/2*) to BFLY WALL, -;

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## END

### [BFLY WALL] CRAB WALK 4 to RLOD; CROS LUNGE & HOLD:

- 1 QQQQ XLIF, sd R, XLIF, sd L twds RLOD;
- 2 s X lunge thru L with bent knee looking twd RLOD, -, -, -;

## Head Cues

Intro, A, B, A, B, C, A, B, B, End

### INTRO

[BFLY WALL] WAIT; WAIT; *Lady* CHASE TRN to BFLY; *to rev* CUCA;

### PART A

[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;;  
[BFLY WALL] SPOT TRN to BFLY;

### PART B

[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; *Man* TRN LEFT fc Center; *low bfly* SD WALK 3;  
[LOW BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; SHLDR to SHLDR - 2X;;

### PART A

[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;;  
[BFLY WALL] SPOT TRN to BFLY;

### PART B

[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; *Man* TRN LEFT fc Center; *low bfly* SD WALK 3;  
[LOW BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; SHLDR to SHLDR - 2X;;

### PART C

[BFLY WALL] NEW YORKER in 4; NEW YORKER; THRU, SERPIENTE to OP LOD;; PROG WALK 3;  
[OP LOD] CIRC AWAY & TOG to BFLY;; VINE 3; WRAP; *to the right* WHEEL 6 fc WALL;;  
[WRAP POS WALL] SD WALK 3 APT; SD WALK 3 TOG *Lady* TRN to BFLY;

### PART A

[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;;  
[BFLY WALL] SPOT TRN to BFLY;

### PART B

[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; *Man* TRN LEFT fc Center; *low bfly* SD WALK 3;  
[LOW BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; SHLDR to SHLDR - 2X;;

### PART B

[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; *Man* TRN LEFT fc Center; *low bfly* SD WALK 3;  
[LOW BFLY COH] CHASE w/ UNDERARM PASS to BFLY WALL;; SHLDR to SHLDR - 2X;;

### END

[BFLY WALL] *to rev* CRAB WALK in 4; CROS LUNGE & HOLD;